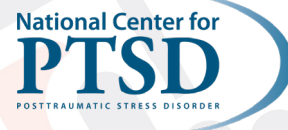


How to Export Your Data from VA Mobile Mental Health Apps



Follow the steps below to share your data outside of the app. There are several ways to export your data, depending on the app. If you have any questions or concerns about exporting your data, please reach out to our team at MobileMentalHealth@va.gov.

Mobile App	How to Access	Data Available for Export
 AIMS for Anger Management	<ol style="list-style-type: none"> 1. Tap the <i>lateral bar menu</i> 2. Tap Settings 3. Choose the item you'd like to export 	<ul style="list-style-type: none"> • Anger Control Plan • Anger Log
 CBT-i Coach	<ol style="list-style-type: none"> 1. On the home screen, tap Settings 2. Tap Export User Data 3. Tap the item you'd like to export 4. Tap Export User Data 	<ul style="list-style-type: none"> • Sleep Diaries • Insomnia Severity Index
 Mindfulness Coach	<ol style="list-style-type: none"> 1. Tap the <i>lateral bar menu</i> 2. Tap Export User Data 3. Tap the items you'd like to export 4. Tap Export User Data 	<ul style="list-style-type: none"> • Mindfulness Logs • Mindfulness Mastery Assessments • Goals
 PE Coach	<ol style="list-style-type: none"> 1. Tap the <i>lateral bar menu</i> 2. Tap Settings 3. Tap Export Data 	<ul style="list-style-type: none"> • PTSD Symptoms (PCL-5) • Depression Symptoms (PHQ-9)
 PTSD Coach	<ol style="list-style-type: none"> 1. Tap the <i>lateral bar menu</i> 2. Tap Manage Data 3. Tap Export Assessment Data 	<ul style="list-style-type: none"> • PTSD Symptoms (PCL-5)
 PTSD Family Coach	<ol style="list-style-type: none"> 1. Tap the <i>lateral bar menu</i> 2. Tap Settings 3. Tap Export Data 4. Tap the items you'd like to export 5. Tap Export Data Now 	<ul style="list-style-type: none"> • My Family Goals • My Loved One's Progress (PCL-5) • My Well-Being (The Warwick-Edinburgh Mental Well-being Scale) • My Safety Plan
 VetChange	<ol style="list-style-type: none"> 1. Tap on the <i>lateral bar menu</i> 2. Tap Settings 3. Tap Export My Data 4. Tap the items you'd like to export 5. Tap Export User Data 	<ul style="list-style-type: none"> • PTSD Symptoms (PCL-5) • Drinking Log

Note: The lateral bar menu icon is a square with three stacked horizontal lines.



Important Tips for Exporting Your Data

Privacy Warning

To protect your privacy, send this email only to yourself at a secure personal account. Consider secure messaging to share this information with your healthcare provider or anyone else.

Cancel

Continue

After tapping “**Export User Data**,” a “**Privacy Warning**” will pop up to remind you to only email/share this information using a secure personal account.

Please note that your data is only stored in your phone - you are in control of when and how you share it. VA does not have access to anything that you enter into your device.



For iOS Devices

Anger Control Plan

To:

Cc/Bcc, From:

Subject: Anger Control Plan

Attached is a PDF file containing your Anger Control Plan. You can open this file on a computer or directly from your mobile device.

Once you tap “**Continue**” on the “**Privacy Warning**,” an email will automatically appear, using your device’s default email application and email address. To send yourself a copy of your data:

- Enter the email address where you would like to receive the file.
- Double-check the email address, then tap the send button.

Any files you choose to export are automatically attached to the email.

Once the email is received, you can press and hold the file attachment to see other options for file storage (e.g., Google Drive, Evernote, Dropbox).



For Android Devices



export2020-03-09.csv



Send to device



Link Sharing



Gmail



LINE



LINE Keep



Save to Drive

Once you tap “**Continue**” on the “**Privacy Warning**,” you will see several options for how you would like to export your file. You can choose to:

- Attach the file to an email using an email app (e.g., Gmail or the device’s default email application)
- Save the file to cloud storage on the device (e.g., Dropbox or Google Drive)
- Send the file using a messaging app (e.g., default text messaging app, Messenger, WhatsApp)

Tap on the icon for whichever method you choose, then follow the prompts to make sure the file sends.